

TRILOGY LACROSSE®

Ocean State Showdown Tournament Game Play & Rules:

COVID-19 ADJUSTMENTS – Applies to All Divisions

1. **Faceoffs:** The structure and mechanics will follow normal procedures, but the referee may place the ball down prior to players taking their positions and observe the faceoff from a distance. Positional adjustment instructions may be minimized and delivered to players verbally. Players will be encouraged to take their positions promptly and be prepared for quick whistles in an effort to minimize the amount of time they are in close proximity to an opposing player.
2. **Handshakes & Celebrations:** Participants should refrain from unnecessary physical contact with teammates, opposing coaches/players, officials, staff and fans such as handshakes, high fives, fist bumps, hugs and goal celebrations. A post game cheer for the opposing team shall suffice as a show of sportsmanship and teams are welcome to develop their own socially distant ways of substituting the handshake line.
3. **Social Distancing:** Coaches and players should observe safe social distancing whenever possible during competition and while on-site. Team huddles are discouraged and players on the sideline should maintain 6' of separation.
4. **Self-Screening Confirmation:** Each head coach must certify to the field marshal that all of their players and coaches have completed a self-screening for COVID-19 and that no individual is displaying any symptoms of or is confirmed to have COVID-19 prior to the start of the first game. A Sample self-screening checklist can be found at <https://trilogylacrosse.com/covid-19-self-screening-checklist/>.
5. **Arrival Time:** Teams should arrive **no more than 30-minutes prior** to the start of their first game.

GAME PLAY – Applies to All Divisions

1. **Games:** start and end on one Central Horn, as does Half Time.
2. **The Schedule:** will run on 85-minute blocks consisting of a 55-minute game followed by a 30-minute rest period.
3. **Playing Time:** will consist of four (4) 12-minute running quarters with two (2) minute breaks between quarters and a three (3) minute halftime.
4. **Timeouts:** Teams get one (1) 60-second timeout per game. Game clock does **NOT** stop during timeouts. Timeouts cannot be called in the last four (4) minutes of the game.
5. **Schedule Changes:** In the event of schedule delays caused by weather, which may include lightning or heavy rain, the tournament will go to an alternate schedule and may shorten game lengths. All schedule changes will be messaged through Tourney Machine.
6. **Alternate Possession (AP):** In the event of an inadvertent whistle where there is no clear possession by either team, the ball will be awarded to the team that lost the first face-off of the game.
7. **No Overtime**

Division Specific Rules on Following Pages



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2021 – 2023 Divisions

**All Games will be played under NCAA rules
with the following modifications and points of clarification:**

GAME RULES

1. **Man-up/Man Down:** will be played on Time served penalties. All penalties will be running time. The penalty clock will begin when the official blows the whistle to restart play. Penalty time will be kept by the field marshal. Penalty Time stops if a timeout is called.
2. **Advancing the Ball:** Team has twenty (20) seconds to clear over the midline
3. **Crease Diving:** NCAA rules in effect
4. **Shot Clock Rule: NO Shot Clock Timing Will be Enforced**
5. **Over and Back Rules:** NCAA rules in effect
6. **Stick Checks:** Sticks must meet NCAA or NFHS standards. There will be no stick checks unless requested by the opposing coach. If a requested stick is found to be illegal, a sixty (60) second non-releasable penalty will be assessed. If the stick is found to be legal, the challenging team will be assessed a thirty (30) second releasable penalty.
7. **Body Checking:** will be called tightly in the interest of player safety. A one to three-minute non-releasable penalty will be called for a body check that is to the head and neck area, on a defenseless player, a blindside hit, or deemed excessive. These penalties are unnecessary roughness and not in the spirit of tournament play. Repeat unnecessary roughness offenses may result in the ejection from a game.
8. **Helmets required at all times:** All players must properly wear the mandatory protective helmet when they are on the field or engaging in warm-ups or any drills that involve passing, shooting or scrimmaging.

2024 Division

**All Games will be played under US Lacrosse rules
with the following modifications and points of clarification:**

GAME RULES - 14U rules apply to 2024 Division

1. **Man-up/Man Down:** will be played on Time served penalties. All penalties will be running time. The penalty clock will begin when the official blows the whistle to restart play. Penalty time will be kept by on-field officials. Penalty Time stops if a timeout is called.
2. **Advancing the Ball - Clearing Count – Over and Back:** Team has twenty (20) seconds to clear over the midline and ten (10) seconds to touch it into the box. Over and back rule is in effect.



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3. **Stick Checks:** Sticks must meet US Lacrosse standards. There will be no stick checks unless requested by the opposing coach. If a requested stick is found to be illegal, a sixty (60) second non-releasable penalty will be assessed. If the stick is found to be legal, the challenging team will be assessed a thirty (30) second releasable penalty.
4. **Body Checking:** will be called tightly in the interest of player safety. A one to three-minute non-releasable penalty will be called for a body check that is to the head and neck area, on a defenseless player, a blindside hit, or deemed excessive. These penalties are unnecessary roughness and not in the spirit of tournament play. Repeat unnecessary roughness offenses may result in the ejection from a game.
***No big body hits or one-handed checks**
5. **Keep It In:** When there is less than 2-minutes remaining in the game, if a team is in the lead by 4 or less then they must get it in and keep it in the box.
6. **Helmets required at all times:** All players must properly wear the mandatory protective helmet when they are on the field or engaging in warm-ups or any drills that involve passing, shooting or scrimmaging.
7. **Mercy Rule:** Teams trailing by 8 or more goals will be awarded the ball at midfield following a goal by either team until the goal differential drops below 8. This rule can be waived if both coaches agree.

Tournament Policies – Apply to All Divisions

Age and Roster Regulations

1. Every participant must submit an online waiver prior to the tournament in order to participate.
2. Players cannot play for more than one club program during the same tournament.
3. Players may move up to play in a higher age division team within their own club.
4. Players cannot play on a team younger than the team that they are rostered.
5. Any exemption to this policy must be submitted for consideration in writing to the tournament director prior to the tournament. Violation of these regulations may result in forfeiture of games at the discretion of the tournament director.

Sportsmanship Policy

Trilogy Lacrosse has a zero-tolerance policy for the following actions and they will result in ejection from the tournament:

1. Fighting
2. Any player who leaves the sideline, or runs from the opposite end of the field, in order to participate in an altercation on the field
3. ANY actions deemed excessively unsportsmanlike by a player, coach or fan including any discrimination based on gender, religion, race or sexual orientation.

